

# Fall Aerobics

## Aerobics Payment Options

**Option 1**  
**\$75.00 per**  
**3 month session**

If you are planning on taking 3 or more classes per week, this is the best deal. Attending class 3 times a week during the three-month session will reduce your cost to just over \$2.00 per class. Residents 50 years of age and over pay half price.

**Option 2**  
**\$40.00 for an aerobics**  
**card with 15 punches**

If you can't make it to class on a consistent basis, a punch pass may be the way to go. For \$40.00 you get 15 classes. The punch pass is good for 6 months from date of purchase. Residents 50 years of age and over pay half price.

**Option 3**  
**\$4.00 Drop-in fee**

Not sure you want to take a full session of aerobics? Take one class for \$4.00 to see if you like it. Residents 50 years of age and over pay half price.

## Water Aerobics Descriptions

### WATER TRIM

This self-paced water aerobic exercise program is designed for all fitness levels. Class components include warm-up, pre-stretch, 30 minutes of cardiovascular aerobics, upper body and abdominal strengthening and post-stretch. Proper posture, body alignment and exercise technique will be emphasized.

### SATURDAY H<sub>2</sub>O

Take one of your weekly aerobic exercise routines in the water! This class combines cardiovascular conditioning and muscle strengthening in the water. Aqua dumbbells, noodles and kickboards are used to enhance the strength component of the class, while the water lowers the impact.

## Land Aerobics Descriptions

### BALL CLASS

Improve your cardiovascular fitness level. These exercises emphasize keeping the heart rate elevated throughout the workout. Working with a fitness ball trains you to balance yourself while you're in motion.

### STRENGTH AND CARDIO TRAINING

The class gives participants a variety of exercises. Individual and exercise stations are mixed with good old-fashioned cardiovascular training. Classes will take place in the aerobics studio and around the track. This is a great class if you are looking for a little variety in your workout routine.

### EXTRA! EXTRA!

Join in for a Saturday morning full of muscle toning and heart racing interval training. This is the class you have been looking for to even out your workout schedule.

### NO EXCUSES

The instructor will offer you high-energy exercise with high repetition movements. This class is designed for those who enjoy simple choreography at an intense level.

### RISE AND SHINE YOGA STRETCH

This class is a great way to wake your body up. Basic yoga stretch moves will get your day started right. This class is great for your mind and body.

### TOTAL BODY CIRCUIT

This class will give you a total body workout with muscle toning and cardiovascular conditioning. It offers various techniques to improve your physical endurance.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Trim	9:15-10:15 a.m.		9:15-10:15 a.m.		9:15-10:15 a.m.	
Saturday H <sub>2</sub> O						9:00-10:00 a.m.
Rise & Shine Yoga Stretch	8:15-9:15 a.m.		8:15-9:15 a.m.		8:15-9:15 a.m.	
Total Body Circuit	9:30-10:45 a.m.		9:30-10:45 a.m.		9:30-10:45 a.m.	
Ball Class				8:30-9:30 a.m.		
Extra Extra!						9:30-11:00 a.m.
No Excuses	6:00-7:00 p.m.		6:00-7:00 p.m.			
Strength and Cardio Training	7:00-8:00 p.m.		7:00-8:00 p.m.			

Registration for all classes begins Monday, August 27, 2007. Fall session will run from Saturday, September 1, 2007 through Friday, November 30, 2007.